

Cereal Nutritional Data: Supermarket Eats

Nutritional information for 1 serving. Key: Cal–Calories; Carb–Carbohydrates; Prot–Protein

Cereal Name	Mfr	Shelf	Cal	Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Berry Bites	A	2nd	130	1	29	1	12	1
Bran-ful Squares	D	4th	160	1	37	5	0	5
Candy Sprinkles	B	3rd	130	3	25	2	10	1
Cinna-Magic Bits	A	2nd	100	2	23	2	11	1
Cocoa Bunches	A	2nd	100	1	22	1	11	1
Cookie Crunchtastic	A	2nd	100	0	20	0	2	1
Crispy Rice & Corn	B	4th	120	2	25	1	8	2
Crunchy Cinnamon Bites	A	1st	120	1	28	1	12	1
Frosted Crunchies	B	3rd	110	1	26	3	12	1
Fruity Chomps	B	3rd	110	1	26	3	11	1
Fruity Crunchables	C	2nd	230	3	49	3	18	4
Honey Twirls	A	1st	118	2	23	2	10	3
Marshmallow Rainbow	A	3rd	110	1	22	1	12	2
Morning Munch	C	4th	200	1	48	9	4	6

Cereal Name	Mfr	Shelf	Cal	Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Puffy Rice Crisps	B	4th	130	0	30	0	4	2
Raisin Flakies	B	3rd	180	2	44	5	17	4
Sunshine Flakes	C	1st	100	1	24	5	5	3
Sweet Clusters	D	1st	120	2	25	2	8	3
Toasty Rings	A	4th	100	2	20	3	1	3
Wheat Whistles	A	1st	100	1	22	3	4	3